



Transformation Talk

Trauma-Informed Work

Washington State Department of Health

April 2nd, 2019

Host:



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@WADeptHealth

Practices of a Chief Health Strategist



- Adopt and adapt strategies to combat the evolving leading causes of illness, injury and premature death.
- Develop strategies for promoting health and well-being that work most effectively for communities of today and tomorrow.
- Identify, analyze and distribute information from new, big, and real time data sources.
- Build a more integrated, effective health system through collaboration between clinical care and public health.
- Collaborate with a broad array of allies – including those at the neighborhood-level and the non-health sectors – to build healthier and more vital communities.
- Replace outdated organizational practices with state-of-the-art business, accountability, and financing systems.

Please Note

This webinar is being recorded.

If you have questions during the presentation please type them into the **questions tab** inside your GoToMeeting menu.

We will have time for Q&A with our guest speakers near the end of the presentation.

Introducing

Victor Rodriguez

Health Equity
Program Manager

Elizabeth Allen

Behavioral Health
Coordinator



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities

Public Health: An approach to heal *Trauma-Informed Work*



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities

Agenda

- Trauma-informed organization overview.
- Family Support Partnership overview.
 - The Pair of ACEs.
 - Traditional mental health approaches.
 - Making Connections Initiative.
 - Planning as healing.
 - People's Movement Assembly.



Why a trauma-informed organization?

A trauma-informed organization has a basic understanding of trauma, and can respond effectively to people who have had adverse experiences. Trauma-informed organizations:

- Acknowledge the affect of trauma on individuals, such as physical and mental health.
- Have tools that help recognize the signs of trauma.
- Help staff and community understanding trauma, which creates an environment that supports:
 - Prevention.
 - Early intervention (screening).
 - Recovery.



Where we were

Our commitment to become a trauma-informed organization began several years ago. We worked to educate staff by offering:

- ACEs trainings.
- Informational sessions during Department meetings.
- Online trainings.

We deployed our ACEs Resiliency Team (trauma-informed committee) from a Substance Abuse and Mental Health Services Administration (SAMHSA) recommendation.



ACEs Resiliency Team

The ACEs Resiliency Team is a Department level team. The team meets monthly to review:

- Trends that are influencing our community.
- Department needs.
 - Encourage staff to use the Employee Assistance Program, especially after a traumatic event.

Greet, Ask, Walk Project

This project encourages staff to be service-oriented with all visitors. Staff feels empowered when they greet, ask how they can help, and walk with visitors. We made stickers to remind staff to “GAW.”



What we're doing now

ACEs Champions

Our Champions have taken extra trainings and are committed to trauma-informed work. They incorporate these concepts and services in team policies and guidelines.

ACEs Resiliency Team

During the May Department meeting, the ACEs team plans to talk about “Fill Your Bucket”. This concept is designed to focus on a positive work environment where everyone feels appreciated and supported. Our employee engagement survey is tied to the “Fill Your Bucket” concept.



What's next?

- Mental Health First Aid training.
- Develop a more robust plan to encourage staff to use the Employee Assistance Program.



Family Support Partnership

Vision

All children and families thrive in safe, stable, nurturing relationships and environments.

Mission

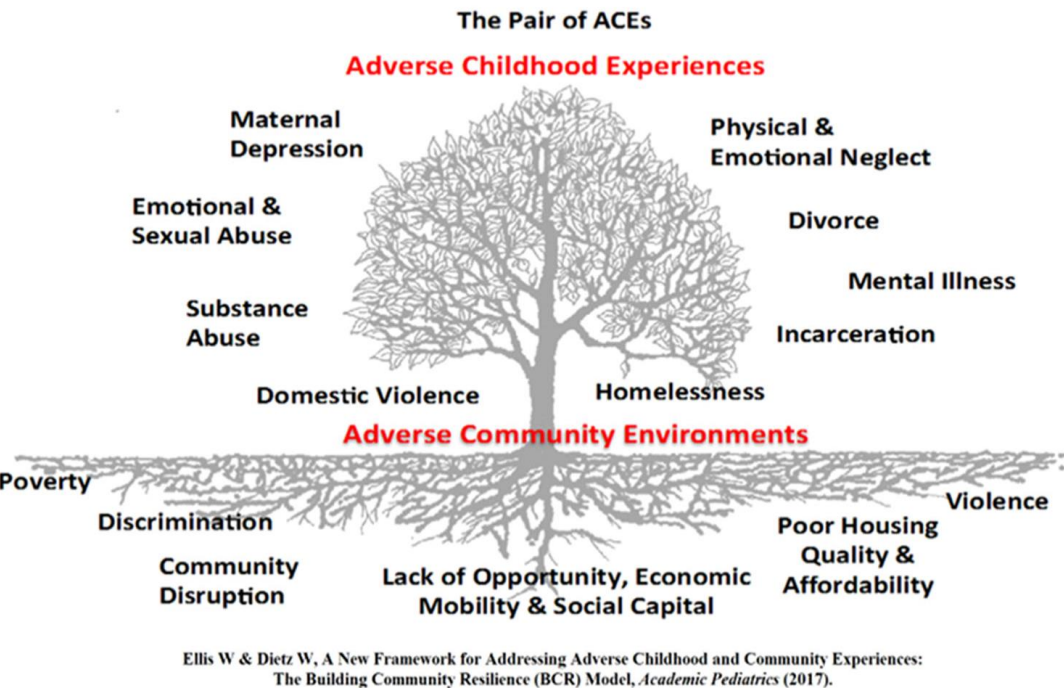
Mobilize a network of family support centers to strengthen protective factors within families and communities.

Strategies

- Raise awareness and commitment.
- Use data to inform action.
- Strengthen protective factors.
- Create context through policy, system, and environmental change.



The Pair of ACEs



- Some children experience adversity within their family *and* their community.
- Adverse Community Environments produce, contribute to, and compound the adversities children experience within families.



Traditional mental health approach

- Focus on the individual and their behavior.
- Primarily uses clinical model interventions like counseling/therapy.
- Generally, ignores social, economic and environmental contexts.



Making Connections Initiative

Making Connections is a national initiative designed to transform community conditions among boys and men, which influence mental well-being. The Making Connections Initiative:

- Seeks to address mental illness through community-level strategies.
- Receives funding by the Movember Foundation and is administered by the Prevention Initiative.



253 Making Connections Initiative

The 253 Making Connection Initiative seeks to prevent mental illness and improve mental wellbeing in Pierce County by:

- Mobilizing communities of color to address adverse community environments.
- Employing community-driven strategies along the prevention spectrum.
- Analyzing and addressing mental illness within a racial and gender context.

Goals

- Strengthen social connections.
- Improve access and use of quality resources.
- Strengthen community resilience.



253 Making Connections Coalition

The 253 Making Connections Coalition is led by grassroots individuals and organizations. Our partners are:

- Hilltop Urban Gardens.
- Tacoma Urban League.
- Consultants for Indian Progress.
- Latino Advocacy.
- Centro Latino.
- Canoe Journeys Herbalist.
- Adrian Wilson.
- Carmetrus Parker.



Planning as healing

Five-year grant. The first year was provided for planning. During the planning year we:

- Focused on building relationships and community.
- Formed the Making Connections Initiative vision, goals and strategies.



Data-informed. Community-driven.



People's Movement Assembly

- Democratic space for community members to envision and plan collective actions.
- Focuses on building collective power of the participants.
- Aims to unpack and address root causes of issues impacting community.



People's Movement Assembly

People's Movement Assembly

ANALYZE:
the current moment

ENVISION:
the future we want to see

COMMIT TO ACTIONS:
toward the future that we envision

Making Connections INITIATIVE

9/24/16
10am-4pm

PEACE Community Center
2106 S. Cushman Ave
Tacoma, WA 98405

#MakingConnex #253MakingConnex

Logos: Making Connections INITIATIVE, PEACE Community Center, Tacoma Urban League, Centro Latino, Tacoma-Pierce County Health Department, Prevention Institute

- Strengthen community resilience.
- Create a healing space.
- Analyze and collect qualitative data.
- Assure a community-driven process.

People's Movement Assembly is a community gathering where participants have a space to think about the current moment, envision a different reality together, and commit to take actions that will help bring it a little closer.

Making Connections isn't the same 'ole. We're using different ways to create a living community of practice where we can build our power and connect to greater opportunities for community wellbeing and resilience.

People's Movement Assembly community altar



Tacoma-Pierce County
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Healthy People in Healthy Communities

Theatre, music and spoken word



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Memorial garden

Youth paint rocks to contribute to a community Black Lives Matter memorial garden.



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Community garden



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Healthy People in Healthy Communities

Community-identified themes

The People's Movement Assembly identified actions for better community well-being. Major themes:

- Decreased community trauma in the form of:
 - Access to basic needs.
 - Violence.
 - Discrimination.
- Authentic social connections and neighborhood unity.
- Stronger Communal Efficacy that supports community level action and civic engagement in local fiscal and policy decision making.



What we learned

- Healing from trauma is a collective process.
- Community well-being weighs heavily on individual well-being.
- An equity lens is necessary to understand and address root causes.



Contact Information

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Audience Q&A

Type your questions into the GoToMeeting menu.
Please understand we cannot un-mute callers.

A recording of this presentation will be posted to:
<https://tinyurl.com/nexttransformationtalk>



Next Transformation Talk:

May 29th, 2019

1:00 – 2:00 PM

“Life Course Approach”

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